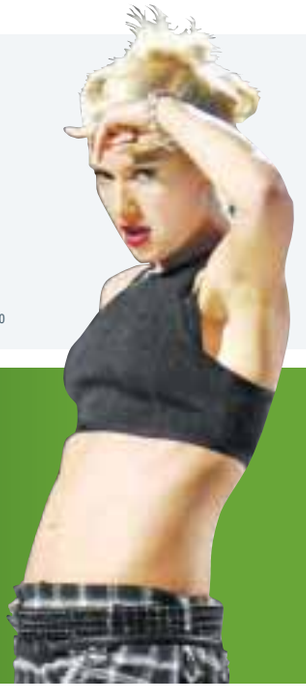
Tired of turkey?

Try cranberry-stuffed pork tenderloin this Thanksgiving PAGE 11

HEY BABY, ROCK THIS WORKOUT

GET A SIX-PACK LIKE GWEN STEFANI'S WITH DIET AND FITNESS TIPS FROM A PERSONAL TRAINER PAGE 10



REGINA metro®

Tuesday, October 2, 2012

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Minimum wage goes up

Effective Dec. 1.

50-cent increase aligns province with national average, says minister

JANE CAULFIELD
Metro in Saskatoon

With one of the strongest economies in Canada, the Saskatchewan government is responding to the needs of its workers by increasing the minimum wage to $10 per hour, effective Dec. 1.

"Our province is experiencing significant economic growth but currently has the lowest minimum wage in Canada," said Don Morgan, minister of labour relations and workplace safety.

"The change positions Saskatchewan amongst the national average (for minimum wage)," said Morgan.

With 34,000 more people working in the province since 2007, the 50-cent increase will help workers meet the rising cost of living.

"It will make sure that people at the lower end of the earning scale have sufficient funds that they're able to adequately pay for housing, food and to participate in the prosperity of the province," said Morgan.

The government also hopes the increase will make more jobs appealing to more workers.

"We have a shortage of workers all across the spectrum, all across the province.... We also know that the workers who are working at or near minimum wage should be adequately compensated," said Morgan.

The wage increase is part of an overall review of labour and workplace-safety legislation, with the results being released later this fall.

Morgan said the government is looking at the possibility of indexing the minimum wage, which would tie its growth to an external indicator such as inflation and make increases more predictable.

Currently, there are approximately 22,000 people working for minimum wage in the province.

Follow Jane Caulfield on Twitter @janecaulfield

Across the provinces

- At $10.25, British Columbia, Ontario and Manitoba have the highest minimum wage among provinces.
- Nova Scotia is second with $10.15.
- New Brunswick, Prince Edward Island, and Newfoundland and Labrador all have minimum wages of $10.
- Quebec is at $9.90.
- Alberta rounds out the bottom with $9.75.

Don Morgan, minister of labour relations and workplace safety, announces the 50-cent increase to minimum wage to a crowd of reporters at the Saskatchewan Cabinet offices in downtown Saskatoon on Monday. JANE CAULFIELD/METRO IN SASKATOON

Motel, area locked down

Police continue to hunt for suspects in a Fillmore-area robbery PAGE 2

Falling behind

Educated young Canadians are mired in debt and facing intense competition for jobs, a new report suggests PAGE 5

The Great One optimistic

Wayne Gretzky holds out hope that locked-out players will be back on the ice by Jan. 1 PAGE 13

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NEWS 1

Regina police and tactical units didn't locate any robbery suspects at the Coachman Motor Inn Monday morning. Police had the inn and surrounding area locked down from the early morning hours until noon. ROB BROWN/METRO

No suspects in motel lockdown

Coachman Motor Inn. Search still on for at least two individuals

ROB BROWN
rob.brown@metronews.ca

Regina police, SWAT and tactical units came up empty handed after descending on the Coachman Motor Inn Monday morning, hunting for suspects in a Fillmore District-area robbery.

Police spokesperson Elizabeth Popowich said when officers entered a pair of rooms after waiting the better part of six hours outside, no one was home.

"We didn't locate any suspects," she said, adding that police and RCMP are still searching for at least two individuals in relation to a robbery earlier in Fillmore District, 100 km southeast of Regina.

Popowich said police made one arrest earlier in the morning in relation to the Fillmore incident, and learned that other suspects may be at the inn. She said police had reason to believe there may have been firearms at the motel, but did not confirm if any had in fact been found at the premises.

Patrons staying at the motel were evacuated from rooms early Monday morning. Rusty Smith said he got a phone call telling him to exit the building around 6:30 a.m.

"I was told to come out with my hands up and to head to a coffee shop," he said.

Smith said he heard yelling earlier in the morning, around 3:30, but didn't think anything of it.

"Then we were asked to leave our rooms."

The Coachman Motor Inn was also the location of a standoff in May 2010 when an armed man barricaded himself in a room at the motel.

Popowich said city police will work with the Saskatchewan RCMP in relation to the Fillmore robbery and stabbing.

Quoted

"I was told to come out with my hands up and to head to a coffee shop."

Motel patron Rusty Smith, describing the evacuation at the motel where police were looking for robbery suspects

On the web

Qriket

A skateboarder and a deer go head to head. Who wins? Scan the code to see it for yourself.

Ex-lieutenant-governor

Province to hold state funeral for Sylvia Fedoruk

The government will honour the life and contributions of former lieutenant-governor Sylvia Fedoruk with a public funeral on Friday at 2 p.m. at the Teacher's Credit Union Centre in Saskatoon.

A number of speakers will reflect on Fedoruk's positive influence across the province and around the world.

People wishing to send messages to Fedoruk's family are invited to do so by signing a book of condolences at the Legislative Building or Government House in Regina, and in Saskatoon at city hall or the Peter MacKinnon Building at the University of Saskatchewan during normal business hours.

Those who cannot sign the books are welcome to email their condolences to condolence@gov.sk.ca.

Fedoruk died at her home on Sept. 27.

JANE CAULFIELD/ METRO IN SASKATOON

North of downtown

Regina, CP Rail land deal inked

The City of Regina has struck a deal to buy the Canadian Pacific Rail land north of downtown.

The city will pay $7.5 million to buy the land and another $2.1 million to conduct an environmental cleanup and servicing.

It will then sell the land off to developers looking to build commercial and high-rise residential buildings.

Work at the site is expected to begin in 2015.

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The civic election campaign is heating up, and most candidates have announced their platforms. This is Metro's second instalment of platform coverage, featuring four of the mayoral candidates.

JEFF MACKEY
jeff.mackey@metronews.ca

4 Mayoral candidate platforms

1 Tom Brown

JEFF MACKEY/METRO

Tom Brown is one of nine candidates running to be Regina's mayor.

"I do want the stadium built, but I don't want to build it right now because our finances are not in place," said Brown.

"I'd also like to lower house taxes on senior citizens and low-income families, especially in North Central," he added.

2 Charles Wiebe

CONTRIBUTED

Charles Wiebe has lived in Regina for 30 years under a variety of titles and professions; he now sets his sights on the mayoralty.

"It is important to me that this isn't a competitive or argumentative process," said Wiebe. "I want to be very respectful and co-operative with all the other candidates, the mayor and the current council."

JEFF MACKEY/METRO

This is the second half of a two-part feature on Regina's mayoral candidates. Part 1, featuring candidates Liz Brass, Marian Donnelly, Michael Fougere, Jim Elliott and Meka Okochi, was printed Sept. 28.

3 Tim Siekawitch

Tim Siekawitch has a focused campaign. "The main issue that I am running on is to do an audit of (the city's) books," said Siekawitch.

"I want to show the people how we are either being properly managed or grossly mismanaged, and ask them what they want to do about it."

CONTRIBUTED

4 Chad Novak

Chad Novak has run a controversial campaign for mayor since February.

"For me the stadium is the biggest issue," said Novak. "I want to make sure we are doing it right.

"Do some research on some of these candidates, because when you look behind the scenes into where these candidates are coming from, you will find some interesting things out."

ROB BROWN/METRO

Kathleen Edwards voyages to The Exchange

Kathleen Edwards will play at The Exchange on Tuesday and Wednesday with opening act Jenn Grant. Edwards has become a staple of the Canadian music scene with her powerful voice and particular brand of alternative country. Her newest album, Voyageur, was co-produced by Bon Iver front-man Justin Vernon. Voyageur has proven to be a seminal and sonically unique record in Edwards' discography. The concert is part of the Regina Folk Festival Fall Concert Series. Tickets are $20 in advance or $25 at the door. IAMCHAD/ FLICKR

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Vessels collide off Hong Kong coast

A young survivor is comforted by a rescuer on Tuesday after a collision involving two vessels in Hong Kong. Authorities in Hong Kong have rescued 101 people after a ferry collided with a boat and sank. A local broadcaster says eight people died. The government said in a statement that the ferry was carrying about 120 people when the accident happened Monday night near Lamma Island, off the southwestern coast of Hong Kong Island. VINCENT YU/THE ASSOCIATED PRESS

Baird gives hard-hitting speech on the United Nations

UN General Assembly. Canada's foreign affairs minister doles out harsh criticism

Foreign Affairs Minister John Baird delivered a scathing rebuke Monday to the United Nations, pointing to the bloodshed in Syria as evidence of its lack of purpose and focus as he fired yet another round in the Canadian government's ongoing war of words against the UN.

"The crisis in Syria is a test of this organization's ability to achieve results," said Baird, who spoke to a largely empty and seemingly disinterested chamber.

"While the brutal and repressive regime of Bashar al-Assad continues the slaughter of its own people, the United Nations continues to fail to impose binding sanctions that would stem the crimson tide of this bloody assault."

He warned the UN to think of its legacy as the turmoil continues in Syria.

"Until the last syllable of recorded time, the world will remember and history will judge member states that are allowing these atrocities to continue," Baird said.

"Many people of the planet, including many of the citizens whom we represent, cannot understand why this organization — despite the sound and fury of debate in this great assembly — has been unable to take concrete steps."

The UN spends too much time in self-examination, he continued, and needs instead to focus on the problems around the world that demand its attention.

"Our commitment to the United Nations has been tested and is proven," he said.

"Not in spite of our commitment, but because of our commitment to this body, we cannot and will not participate in endless, fruitless inward-looking exercises."

Consequently, the Canadian mission to the UN will now focus its attention on what the United Nations is achieving, not how it arranges its affairs, Baird said. If the UN focuses instead on its true goals, such as prosperity, security and human dignity, internal reform will take care of itself, he added.

"The UN ... must now look outward."

Baird was speaking to the General Assembly on Canada's behalf after Prime Minister Stephen Harper travelled to New York last week not to address the UN, but to accept a world statesman award a few blocks away.

THE CANADIAN PRESS

Focus

"The UN spends too much time on itself."

John Baird, foreign affairs minister, who gave a scathing speech to the UN, suggesting it needs to look outward

Reaction

Baird's big speech elicited little reaction.

- **Small audience.** The first speaker at the General Assembly on Monday morning, Baird's appearance was sparsely attended.
- **Met with shrugs.** Following the remarks, one delegate said the organization was largely shrugging off Canada's relatively recent anti-United Nations stance.

Boy Scouts to review files, report pedophiles

The Boy Scouts of America plan to begin doing what critics say they should have done decades ago — report suspected sex abusers named in the organization's so-called perversion files to authorities.

The Scouts had argued they did all they could to prevent sex abuse by spending a century tracking pedophiles and using those records to keep known sex offenders out of their organization. But a court-ordered release of the perversion files from 1965 to 1985, expected sometime in October, has prompted Scouts spokesman Deron Smith to say the organization will go back into the files and report any offenders who may have been missed.

Victims

1,622

A psychiatrist found that of 930 files created between January 1965 and June 1984, there were 1,622 victims.

That could prompt a new round of criminal prosecutions for offenders who have so far escaped justice. Many states have no statutes of limitations for children victimized when they were younger than 16, so even decades-old crimes could be fair game.

The Scouts began keeping the files shortly after the youth group's creation in 1910, when pedophilia was largely a crime dealt with privately. The organization argues that the files helped them track offenders and protect children, but some of the files released in 1991,showed repeated instances of Scouts leaders failing to disclose sex abuse to authorities, even when they had a confession. THE ASSOCIATED PRESS

Collision

Bird vs. car: Huge flock hits vehicle

A mass collision between a flock of starlings and a car on a stretch of Austrian expressway has left up to 100 of the birds dead and the driver shaken but unhurt.

The Austria Press Agency says the birds suddenly flew from power lines above the multi-lane highway in western Austria downward and directly into the path of the car.

The report did not say how fast the car was travelling Monday, but the speed limit on Austria's autobahns is usually 130 km/h.

THE ASSOCIATED PRESS

Litter. Haitians ignore government ban on plastic bags, foam food containers

Haitian merchants on Monday ignored the first day of a government ban on the sale and general use of plastic bags and foam food containers.

In a busy, crowded market in the community of Petionville, dozens of vendors openly sold the tightly rolled bags and big packages of to-go food containers without apparent concern they would be stopped. Some said they will keep peddling the goods if the government doesn't provide alternative jobs. Others said they will sell something else if the government enforces the ban.

Alternatives

"It's fine if the government wants to ban the containers."

Vendor Innocent Petit-Frere, who is fine with the ban but thinks the government should create an alternative

The office of Prime Minister Laurent Lamothe announced the ban in August. The goal is to clear some of the litter that is strewn across Port-au-Prince and clogs drainage channels.

THE ASSOCIATED PRESS

Baristas with bachelor degrees: Youth flunking on the job market

Vital Signs report. Study shows troubling portrait of educated Canadians who are buried in loans but lack opportunities

SEAN MCKIBBON
Metro in Ottawa

Canadian youth are more educated than ever, but it's not opening the same doors for them as it did for their parents, states a new report titled Vital Signs from the Community Foundations of Canada, being released Tuesday.

"The linear path from school to career, home ownership, and family has disappeared," said Ian Bird, president and CEO of Community Foundations of Canada.

Bird said Canadians between the ages of 18 and 34 face increased competition for jobs from older workers and globalization.

As a result they have trouble paying crippling student loans, suffer from disengagement with society and many also struggle with a host of mental-health disorders.

"We've experienced tuition growth of over 200 per cent in past 20 years and a debt load that's unprecedented. There's rising cost of living in major urban centres and then you have the delay in getting into the labour force," said Bird, who called the situation for youth "alarming."

He added Canadian society must bridge the gap between generations now or it won't have the means to do so as waves of retiring baby boomers begin to erode tax revenues.

While the report says most Canadian youth are doing well academically, it also raises alarms about high dropout rates among rural and aboriginal communities.

Do the math

50%
The Vital Signs report says youth, who comprise 16 per cent of the Canadian workforce, accounted for 50 per cent of the recession job losses in Canada.

250K
Youth employment stands some 250,000 jobs below the pre-recession peak.

In this screen grab from Fox's TV series New Girl, Jess (Zooey Deschanel) works as a shooter girl after being laid off from her teaching job. More and more Canadian youths are finding themselves shelving their degrees due to a lack of employment opportunities in their field, a new study finds. CONTRIBUTED

MP sorry for 'insensitive' remarks about Layton's death

Conservatives found themselves cringing once again Monday at the ramblings of caucus colleague Rob Anders — this time a brazen suggestion that ambitious NDP Leader Tom Mulcair helped hasten the death of predecessor Jack Layton.

The Calgary MP — known on Parliament Hill for saying or doing something that leaves people shaking their heads — dropped a whopper in an interview published Monday by political news website iPolitics.

"I actually think one of the great stories that was missed by journalists was that Mr. Mulcair, with his arm twisted behind the scenes, helped to hasten Jack Layton's death," Anders was quoted as saying.

"It was very clear to me, watching the two of those gentlemen in the front benches, that Jack Layton was ill and that Mr. Mulcair was making it quite obvious that if Jack wasn't well enough to fight the campaign and fight the election that he should step aside," he continued.

The reaction was swift and unequivocal.

"If I was (Prime Minister Stephen) Harper, he would be gone out of the Conservative party in a heartbeat," said Nova Scotia NDP MP Peter Stoffer, who also described Anders in decidedly unparliamentary — and unprintable — language.

"That kind of comment, that is a disgrace, not only to Mr. Mulcair but to the legacy of Mr. Layton."

Anders quickly issued a written apology for what he described as his "insensitive and inconsiderate" remarks, and Olivia Chow, Layton's widow, said she accepted it.

THE CANADIAN PRESS

Not views of @pmharper

The Prime Minister's Office was quick to distance itself from the remarks.

- "To be clear, Mr. Anders' comments regarding Jack Layton in no way represent the views of @pmharper or the Government," tweeted Andrew MacDougall, Stephen Harper's director of communications.

Conservative MP Rob Anders, who said that NDP Leader Tom Mulcair helped hasten the death of his predecessor Jack Layton, rises in the House of Commons on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

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Ikea erases women from Saudi catalogue

Left, a page from Ikea's catalogue in Sweden. Right, the same page from Ikea's catalogue in Saudi Arabia — with the woman missing. IKEA

2013 edition. Images are 'another sad example' of gender inequality in Saudi Arabia, says Sweden's trade minister

PETER LINDHOLM
Metro in Sweden

Swedish furniture retailer Ikea has erased women from the pages of its Saudi Arabian catalogue.

The 2013 catalogue, printed in 27 languages for distribution in 38 countries, looks almost alike worldwide, displaying identical interiors of kitchens and bathrooms. However, in the Saudi version women appear to be removed from the images. Metro Sweden first discovered the inconsistency on Ikea's online catalogues earlier this week.

For example, in the Swedish version of the catalogue, a mother can be seen standing at a sink beside her child in a bathroom.

But in the Saudi catalogue, the mother is absent. In another image, a young girl who appears to be doing homework has also been airbrushed.

Under Saudi Arabia's strict Muslim law, women are not allowed to drive, vote or be outside of their homes without the guardianship of a male relative.

Sweden's Minister for Trade Ewa Björling said the retouched images are a sad example of the oppression of women.

"You cannot retouch women from reality," she told Metro. "If Saudi Arabia doesn't allow women to be seen or work, they miss out on half their intellectual capital. These images are yet another sad example of the long road to gender equality in Saudi Arabia."

Ikea has since apologized for the catalogue retouching. "As editors of the catalogue, we are sorry about this," Ikea spokesperson Josefin Thorell told Metro. "We should have reacted and seen that this is in conflict with Ikea's values."

The Ikea group will "revise their procedures" to avoid similar situations in the future. It is still unclear whether the Saudi catalogue will be withdrawn or not.

Catalogue controversy

Who is responsible?

What remains unclear is who is responsible for the decision to airbrush women out of the catalogue — Ikea or a local entity in Saudi Arabia. A spokeswoman for Inter Ikea Systems, a branch of Ikea that oversees franchises, says the Swedish retailer should take the blame. "What has come out during our contacts with Saudi Arabia during the day is that it isn't the local franchise that has done something wrong. It is our responsibility at Inter Ikea Systems," said Ulrika Englesson Sandman. "The franchise owner has been presented with images without women. The image with a woman in the bathroom and the female designer could very well have been featured in the catalogue for Saudi Arabia." Now Ikea is considering what to do next. One alternative is to print a new catalogue. "The catalogue has already been distributed. Are we going to print it again? Those are options we are looking at," said Sandman.

Pork products. Don't fret — bacon won't disappear

Bacon lovers can relax. They'll find all they want on supermarket shelves in the coming months, though their pocketbooks may take a hit.

The economics of the current drought are likely to nose up prices for bacon and other pork products next year, by as much as 10 per cent. But U.S. agricultural economists are dismissing reports of a global bacon shortage that lent sizzle to headlines and Twitter feeds last week. Simply put, the talk of scarcity is hogwash.

"Use of the word 'shortage' caused visions of (1970s-style) gasoline lines in a lot of people's heads, and that's not the case," said Steve Meyer, president of Iowa-based Paragon Economics and a consultant to the National Pork Producers Council and National Pork Board.

"If the definition of shortage is that you can't find it on the shelves, then no, the concern is not valid. If the concern is higher cost for it, then yes."

Fears about a scarcity of bacon swept across social and mainstream media last week after a trade group in Europe said a bacon shortage was "unavoidable," citing a sharp decline in the continent's pig herd and drought-inflated feed costs.

The report caused much consternation over a product that used to be merely a breakfast staple, but nowadays flavours everything from brownies to vodka.

The alarm was quickly dismissed by the American Farm Bureau Federation as "baloney."

"Pork supplies will decrease slightly as we go into 2013," Farm Bureau economist John Anderson said.

"But the idea that there'll be widespread shortages, that we'll run out of pork, that's really overblown."

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Medvedev lobbies Zuckerberg to expand operations in Russia

Facebook head Mark Zuckerberg was in Moscow on Monday, where officials were pressing him to expand the company's operations in Russia.

Russia's communications minister tweeted that Prime Minister Dmitry Medvedev urged the social-media giant's founder to abandon plans to lure away Russian programmers and instead open a research centre in Moscow.

A Facebook spokeswoman, who refused to be named because she wasn't authorized to discuss the matter with the media, said the company has no immediate expansion plans for Russia.

Russian Prime Minister Dmitry Medvedev, left, shakes hands with Facebook CEO Mark Zuckerberg as he receives a T-shirt as a present at the Gorki residence outside Moscow on Monday. ALEXANDER ZEMLIANICHENKO/POOL/THE ASSOCIATED PRESS

Zuckerberg, who ditched his trademark hoodie and jeans for a suit and tie for his meeting with Medvedev, was visiting Russia on a world tour of programming contests to identify new talent.

Facebook has roughly nine million users in Russia, while domestic clone VK has around 34 million. THE ASSOCIATED PRESS

Market Minute

DOLLAR 101.76¢ (+0.05¢)

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OIL $92.48 US (+$0.29)

GOLD $1,783.30 US (+$9.40)

Natural gas: $3.48 (+16¢)
Dow Jones: 13,515.11 (+77.98)

Retail study

Sears, Old Navy among stores Target will impact

A new report says the arrival of U.S. retailer Target in Canada next year will take a bite out of the sales of several key rivals. But Barclays Capital says other retailers that don't overlap in their offerings may benefit from the increased traffic generated by the new stores.

The investment firm says that Walmart, Sears Canada, Old Navy, Loblaw's Joe Fresh brand and Canadian Tire are the retailers most at risk. THE CANADIAN PRESS

Flight delays

Computer glitch resolved, says WestJet

WestJet Airlines Ltd. says operations are back to normal after computer troubles caused flights to be delayed and cancelled.

The computer at WestJet's Calgary headquarters that generates flight plans stopped working properly for two hours late Sunday afternoon. An airline spokesman says that meant WestJet staff had to generate the flight plans manually, which took longer. About 95 flights were delayed, mostly on Sunday, as a result of the glitch. THE CANADIAN PRESS

NO PATIENCE FOR PICKY EATERS

SHE SAYS ...
Jessica Napier
metronews.ca

"No jalapenos, please."

The waiter asks as he rolls his eyes: "Is it an allergy?"

"No ... I just don't like them," I respond as I sheepishly turn away with embarrassment.

When my nachos arrive I groan; jalapeno peppers are defiantly embedded within every layer of melted cheese. The spicy-hot toppings mock me as I gently remove them one by one.

Nobody likes a picky eater. I hate being that annoying dinner companion who despises anything with a little too much spice so I will always try to accommodate those with more adventurous palates. I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili.

When you are fortunate enough to live in a large city, filled with multi-ethnic fare and interesting haute (often HOT) cuisine, you shouldn't take that for granted. But while I certainly want to like spicy foods, my tongue screams in protest every time I come into contact with a piquant sauce or a fiery curry.

Too hot for you?

"I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili."

I try my best but ultimately, my taste buds just can't handle the hot stuff.

And yet, in an entirely hypocritical sort of way, I can't stand picky eaters. I'm not talking about those with medical conditions, eating disorders or legitimate allergies; I'm talking about people who don't like fish because it smells funny or don't let different foods on their plate touch because ewww contamination!

Come on.

It can be a total turnoff when you meet a fully grown adult who behaves like a fussy child when it comes to trying new food. There's nothing wrong with liking things plain, but there's a fine line between a simple preference and a neurotic obsession. When friends and family develop prejudices against entire food groups, hosting a dinner party or going out for a meal can become a complicated and frustrating endeavour.

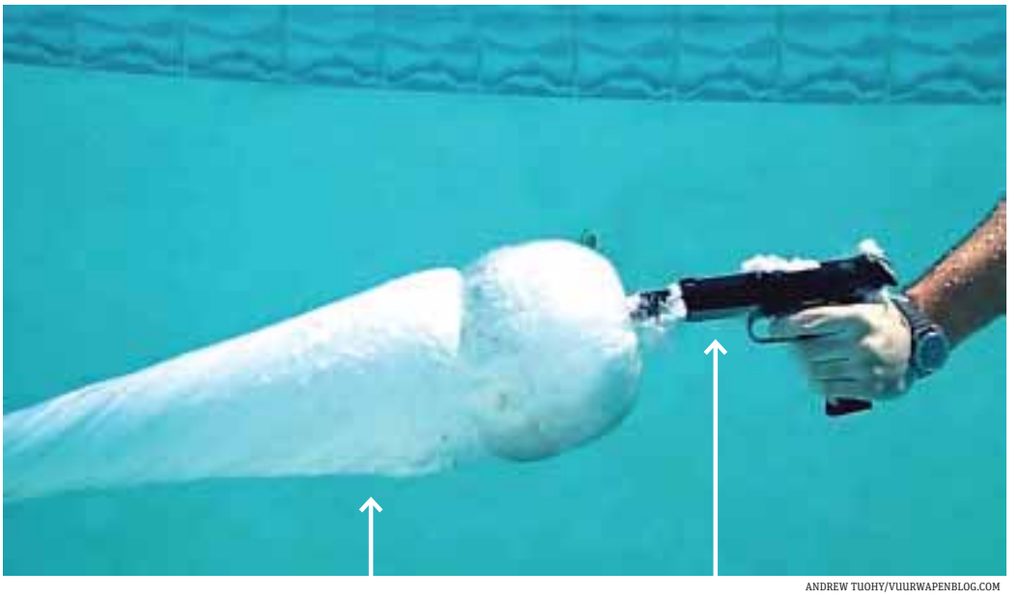
One of my favourite local pizzerias refuses to do substitutions on the premise that they, not the customer, know best when it comes to what flavours work together. While some patrons sneer at their holier-than-thou approach to pizza, I applaud their refusal to pander to the overly entitled menu customizers out there.

We're grown-ups now, shouldn't we be able to try something new before forming an opinion? I implore all those finicky foodies out there to stop turning up your noses at ingredients you can't pronounce, experiment with flavourful sauces and seasonings, and open your mind (and mouth) to some new culinary experiences.

Follow Jessica Napier on Twitter @MetroSheSays

Would you like some nachos with your jalapenos? JONATHAN DANIEL/GETTY IMAGES FILE

Having a blast under water



ANDREW TUOHY/VUURWAPENBLOG.COM

Firearms photography

Pistol fired in pool creates storm of interest

This is what firing a gun under water looks like. Firearm expert Andrew Tuohy shot a few pistols in his swimming pool and posted a video on his blog, which has now gone viral. The result: A stunning shot of a tornado rippling through the water. Metro spoke to the 26-year-old ex-sailor from Tucson, Ariz. METRO

Andrew Tuohy also makes "flower" jewels from his spent bullets.
ANDREW TUOHY/VUURWAPENBLOG.COM

Q&A

Gunning for art

Tuohy describes his image of a Kimber 1911 pistol firing underwater.

Firing a gun under water looks spectacular, but was it safe?
The bottom line is that yes, it's safe to use these firearms underwater. With other firearms — due to their design and barrel size — it's not safe, as they'll explode under water! The bullets themselves only travel a metre or so in water. Here, I used hollow-point bullets — they travel even shorter as they expand their diameter instead of penetrating through a target.

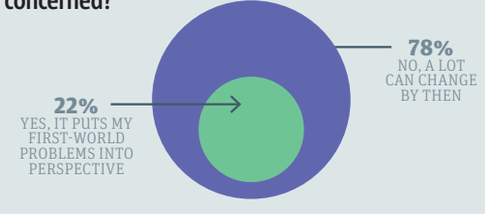
What challenges did you have?
This event happens very fast. The bullets are moving at about 1,000 feet (309 metres) per second initially, and the muzzle blast is over in about 1/60th of a second. So the higher frame rate of the video camera really helps.

What does this image tell you?
It shows firearms as something interesting and potentially even beautiful instead of ugly and evil. It's fun, educational and different. They can be used to oppress or liberate from oppression, to murder or to prevent murder, and in this specific case, they can even be used to create art. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

A recent report says 100 million people will die from climate-related causes by 2030. Are you concerned?



Twitter

@Nudeskater: Bob Dylan and Mark Knopfler in the same concert this weekend. How did I not hear about this? #yqr

@TiannaYaskow: Free hugs in downtown #yqr. The hippies are alive and well

@MigrateGatsby: Sweet, there is a warning for snow late tomorrow afternoon in #YQR. It's about time too. All this sunshine was making me far too optimistic

@SPCamFuller: Diana Krall hearts #yqr — will play Conexus on Valentines Day. Tix on sale Friday.

@anne_carp: Thanks #bow2012 for helping me realize how many amazing musicians we have in SK and western Canada #yqr

metro

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SCENE 2

DVD reviews

Bond 50

●●●●●

BOND 50 collects all 22 James Bond movies on Blu-ray for the first time, and leaves room for Skyfall, the coming 23rd one. Appraising this handsome set, it doesn't seem too pompous to quote Shakespeare's King Lear: "O, reason not the need!" Yes, chances are very good that you already own most or all of the 007 canon, on VHS and regular DVD. Possibly even Blu-ray, too, although BOND 50 brings nine of the films to the high-definition format for the first time: You Only Live Twice, On Her Majesty's Secret Service, Diamonds are Forever, The Spy Who Loved Me, Octopussy, A View to a Kill, The Living Daylights and Tomorrow Never Dies. But it's likely you'll still desire this boxed set, if only for its intelligent design, which pays full homage to the six men who have played Bond over the past half-century: Sean Connery, George Lazenby, Roger Moore, Timothy Dalton, Pierce Brosnan, and now Daniel Craig. There are 122 hours' worth of bonus features, much of which has already been released. But the real bonus is a single disc that smartly breaks down the Bond mystique via short featurettes that analyze the girls, gadgets, villains, look and style of this durable franchise.

PETER HOWELL

Dark Shadows

Director. Tim Burton

Stars. Johnny Depp, Michelle Pfeiffer, Eva Green

●●○○○

Johnny Depp's Barnabas Collins, a reluctant 18th-century vampire, looks confused when he awakes in 1972 in a Maine fishing village after a 200-year slumber. He's not the only one. Viewers of Tim Burton's Dark Shadows will be hard pressed to know whether the film is meant to be a comedy, horror movie or romance. Or is it a fish-out-of-water story? The story, based on a cult TV soap opera from the 1960s and '70s, stumbles blindly along for most of the film's overlong 113 minutes.

PETER HOWELL

On the web

Qriket

DiCaprio, Maguire lead all-star cast in new video urging voter expression through social media. Check it out by scanning this code or visiting metronews.ca/scene.

Apologies to Boatmen fans but Argo (Ben Affleck, Bryan Cranston) has nothing to do with Toronto's storied CFL team. The real-life story does, however, involve Canadians running a gadget play. Hatched in clandestine corners of Ottawa and Washington, Argo is the fake movie script concocted by covert operatives posing as a Canuck film crew scouting locations in Tehran. The daring rescue of six diplomats who hid in the Canadian ambassador's house during Iranian Hostage Crisis is just one of several ops to inspire filmmakers.

MIKE DOJC
scene@metronews.ca

Argo opens in theatres next Friday. HANDOUT

Ops that inspired Hollywood

Operation Thunderbolt

Dateline: July 4, 1976

Air France flight 139 was hijacked by the Popular Front for the Liberation of Palestine in conjunction with a German based radical group. After rerouting the flight to Uganda, 106 Jewish and Israeli hostages were held at the Old Terminal of the Entebbe airport. Israel's elite commando unit, Sayeret Matkal, led by Yonatan Netanyahu (older brother of the current prime minister) flew four Hercules C-130s over 4,000 kilometres and landed undetected on the dark runway. Driving land rovers and a black Mercedes to impersonate an Idi Amin motorcade, the cavalry sped toward the building where the hostages were being held, taking the terrorists by surprise. Three hostages and Commander Netanyahu were killed during the mission. Charles Bronson (Death Wish) starred in the movie adaptation, Raid on Entebbe.

Operation Nimrod

Dateline: May 5th 1980

After the Democratic Revolutionary Front for the Liberation of Arabistan (DRFLA) seized control of the Iranian embassy in London and threatened to blow it up if their demands weren't met, Maggie Thatcher gave the order to mobilize Britain's finest. Armed with the latest whiz-bang gadgetry of the period, a crack unit of the British Special Air Services (SAS) breached the building by lowering a charge through a skylight and abseiled in guns blazing. Five militants and one hostage perished in the crossfire during the successful 17-minute siege that helped establish Thatcher's Iron Lady rep. The operation unravelled on a bank holiday Monday with TV cameras rolling the whole time so millions of Britons watched the swift rescue unfold. Who Dares Wins (1982) was inspired by the events.

Operation: Maersk Alabama Rescue

Dateline: April 12, 2009

Off the coast of Somalia a cargo ship bound for Kenya was boarded by pirates. The crew managed to power down the ship's systems so that the pirates could not steer the vessel and they holed up in a secure room but Captain Richard Phillips and several crew members were captured. The ship's chief engineer, armed with just a knife, managed to subdue one of the pirates and during a botched prisoner exchange the pirates fled in a lifeboat taking the captain as their hostage. The destroyer USS Bainbridge, guided-missile frigate USS Halyburton and the amphibious assault ship USS Boxer were dispatched to the scene. After negotiations broke down Navy SEAL snipers took out the pirates. Tom Hanks has been tapped to play Phillips in a big screen adaptation of the high seas rescue.

Operation Checkmate

Dateline: July 2, 2008

Colombian soldiers took weeks of acting classes so they could effectively pass as members of a relief organization. The ruse was part of the plan to extract 15 hostages being held in the jungle by FARC — including former presidential candidate Ingrid Betancourt who had endured six and a half years in captivity. Using communication intelligence, they tricked the captors into handing over the hostages by convincing them they had been sent by Alfonso Cano, the guerilla army's leader, to transport the prisoners to him. Once everyone was aboard the helicopter they arrested the captors and released the hostages without a single bullet. A mini-series based on the op was nominated for an International Emmy.

Air France Flight 8969 Rescue

Dateline: December 26, 1994

Four Groupe Islamique Armé terrorists disguised as airport employees boarded an airbus A300 in Algiers. After murdering three passengers they were given clearance to fly to Marseille, where France's elite Groupe d'Intervention de la Gendarmerie Nationale would eventually engage the militants. The GIGN strike force blasted their way into the plane from several points forcing the terrorists to retreat into the cockpit. The ensuing gun fight raged on for about 10 minutes with commandos in the rear of the plane evacuating passengers while another team took control of the flight deck. The hail of bullets fired left the plane's fuselage looking like a slice of Emmental cheese but the rescuers succeeded in freeing the 170 remaining passengers. The French film The Assault re-enacts the dramatic events.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Metro gets a Lone look at a revamped classic to come

Johnny Depp is set to star as Tonto in director Gore Verbinski's retake on '50s television hit, The Lone Ranger. The film, which opens July 3 of 2013, sees Native American spirit warrior Tonto recounting the untold tales that transformed John Reid, a man of the law, into a legend of justice. ©DISNEY ENTERPRISES, INC. AND JERRY BRUCKHEIMER INC.

The Word

Christina Aguilera: I'm through being skinny

THE WORD
Dorothy Robinson
scene@metronews.ca

The Word has been waiting for Christina Aguilera to lose weight and then get paid a mint to appear in a Us Weekly cover story to talk about how she shed the pounds — a.k.a. Tabloid Journalism 101.

But, God bless her, it doesn't look like that cover is coming up any time soon, as Aguilera is embracing her curves.

In a recent interview with Billboard magazine, The Voice mentor says she's through worrying about staying skinny to promote her music. "During the promotion of my album Stripped, I got tired of being a skinny white girl. I am Ecuadorian, but people felt so safe passing me off as a skinny, blue-eyed white girl," she says, recounting how she put on 15 pounds during promotion for that album, prompting a "serious emergency meeting" with her label reps about potential backlash over her weight gain.

"(They claimed) people I toured with would also miss out if I gained weight because I would sell no records or tickets for my shows," she explains. "I was young, so I lost the weight quickly and was toothpick thin during Back to Basics promos and touring."

But for her latest record, she'd had enough: "I told them during this Lotus recording, 'You are working with a fat girl. Know it now and get over it.' They need a reminder sometimes that I don't belong to them. It's my body," Aguilera says.

The whole time I was writing this, I was thinking about the photo of Rick Ross at this weekend's BET awards. He, too, seems to embrace his weight. Dude is chunky. And yet, I'm guessing at his next sit-down interview, he's not going to have to talk about his weight in relation to his music, is he?

Swift to swoon: So who is Taylor going to croon about next?

In what is probably not the most shocking news of the year, Taylor Swift admits she can fall in love easily.

The 22-year-old singer-songwriter tells Marie Claire magazine that she still believes in love "even after it explodes into a million pieces and burns down and you're standing in a pile of ash of what it once was thinking, 'Why did I have to meet this person, why did this have to happen?' But then, when you make eye contact with someone across the room and it clicks and, bam, you're there. In love again." As for her penchant for writing explicitly about ex-boyfriends in her songs? She makes no apologies. "It's not like it's in the fine print," she says. "It's not my fault if someone gets into a relationship with me and then cheats and I write a song about it."

Cupid comes back

"...you make eye contact with someone across the room and it clicks and, bam, you're there. In love again."
Taylor Swift

Taylor Swift ALL PHOTOS GETTY IMAGES

Arnold Schwarzenegger

Arnold opens up about affair

Arnold Schwarzenegger claims he didn't know he'd fathered a child with his longtime housekeeper until the boy "started looking like me," he says in an interview with 60 Minutes to promote his new memoir.

"That's when I kind of got it. I put things together." But while he kept the woman, Mildred Baena, on staff and began providing financial support for the boy, he was in no hurry to tell wife Maria Shriver or their four children. "It was very difficult, strange, bizarre," Schwarzenegger says. "I just said to myself, 'OK, I'm going to put this away.'"

Twitter

@SethMacFarlane
Hey guy in the audience laughing out loud at the jokes in a Shakespeare play-- you make the world a worse place.

@lindsaylohan
My iPhone broke and i need to get the new iPhone5, but they are sold out everywhere!!!

@diablocody
My parents wouldn't let us get cable; therefore I know nothing of your "Fraggles."

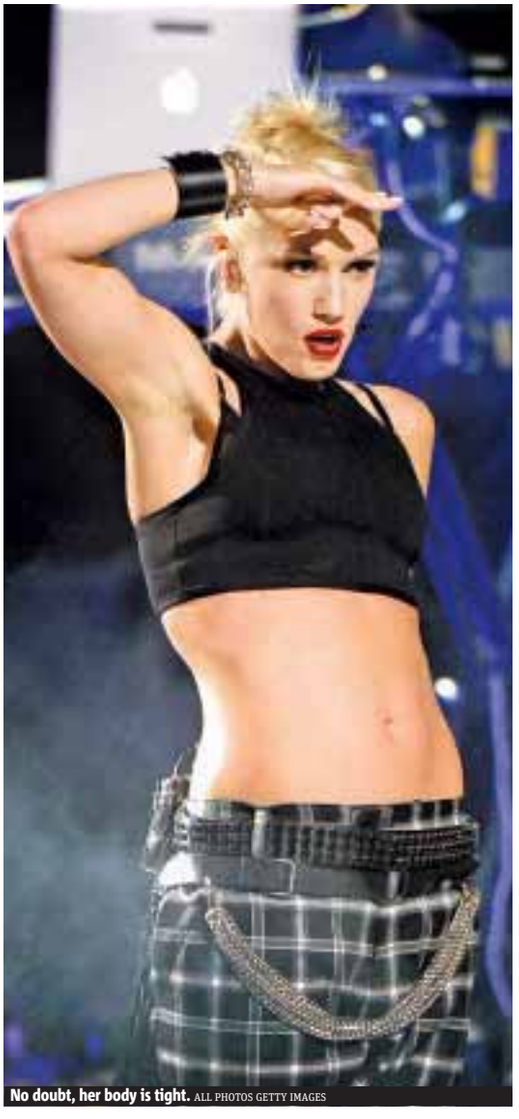
@DavidSpade
its shocking how many times i go on web md for ' pill identifier'...

LIFE 3

Get a body like Stefani

Fitness. As No Doubt's sixth studio album, Push and Shove, drops Sept. 25, we look at how lead singer Gwen, 42, stays toned

ROMINA MCGUINNESS
Metro World News



No doubt, her body is tight. ALL PHOTOS GETTY IMAGES

LESSON 1: EAT LIKE GWEN

According to personal trainer Mike Heatlie, who has worked with Gwen Stefani on and off for more than 10 years, 75 per cent of exercise is overrated.

"It's not that it doesn't help," he explains, "But if you want a slim waist and six-pack as defined as Gwen's, you need to reduce your overall body fat and the only way to do that is by changing your diet."

The fat loss strategy

"We live in an obesogenic environment — meaning fatty, sugary foods are everywhere, making it hard for us not to get fat," Heatlie tells Metro.

"If your diet is rich in white carbs, such as pasta, cereal and soda, then you're probably consuming too much energy.

"Carbs stop the fat burning process because the body prefers using the energy provided by carbs — glycogen — over the energy from fat. The body will only start burning fat if carb levels are low and it has no other option. But if you want this process to happen, you'll have to cut back on carbs."

Carb-calorie cycling

It's not what you eat once in a while that matters, but what you eat consistently, Heatlie explains.

"A diet plan that's too strict becomes unsustainable. If 90 per cent of your diet is 'good' then the remaining 10 per cent that's 'bad' doesn't really matter. Choose five to six days in the week when you aim to reduce your intake of carbohydrates. Maybe swap your breakfast of cereal for a protein smoothie with fruit.

"In the evening, have something like salmon or chicken with vegetables (which you should always have with your dinner) rather than bread and pasta.

"But make sure you give yourself one or two days off where you can eat more or less what you want as this then becomes a sustainable lifestyle rather than a quick fix diet."

The secret to Gwen's six pack

"The key to a six-pack like Gwen's is to follow a strict low-carb diet and combined with regular resistance training.

She looks 20-years-old still.

"You could have the most amazing six-pack, but if there's a layer of fat over it, you won't be able to see it.

"The body fat must be around 15 per cent for women and less than 10 per cent for men if you want that six pack to show," reveals Heatlie.

LESSON 2: LIVE LIKE GWEN

Check out No Doubt's newest video — Settle Down — and Stefani looks more like 22-years-old than 42-years-old.

"The only way to appear naturally younger is to lead a balanced lifestyle," says Heatlie.

"If you carry excess weight and have too much stress in your life, it will start to show on your face, making you look older than you really are."

Heatlie recommends three effortless rules to help you hold on to your youth:

1 "Avoid eating too much salt, which causes water retention and will make you look bloated."

2 "Keep your diet high in antioxidants by making the effort to eat plenty of fresh fruit and vegetables every day as well as drinking four to five cups of green tea and about three liters of water. Antioxidants prevent and repair damage to our body's tissue by slowing or preventing the damaging effects of free radicals."

3 "Cut back (or out) on alcohol and cigarettes. Chemicals in tobacco smoke damage collagen and elastin, the fibers that give your skin its strength and elasticity, which can lead to wrinkled skin. Alcohol intake can reduce the level of vitamin A within the body, allowing free radicals to spread and accelerating the deterioration of collagen and elastin — leading to more wrinkles and fine lines."

LESSON 3: MOVE LIKE GWEN

If it feels like you're putting in a tremendous amount of effort into your workout, yet you're not getting the results you were hoping for, then it could be that you're not training correctly.

"In order to notice a difference in yourself you need to be working out at the correct intensity levels. Your body shape will only change if it's put under strain and stress because the real fat-burning hormones, growth hormones and testosterone, only get stimulated under intense physical training," says Heatlie.

Whilst he recognizes the benefits of cardiovascular training, such as running or cycling, Heatlie believes that one of the best ways to get a lean and sexy muscular structure like Gwen's is by really putting the body under pressure by mixing training.

More online

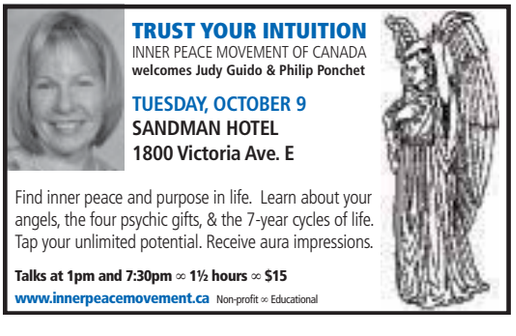
Need your abs fix?

- **On the web.** Go to metronews.ca/scene to guess the celebrity abs

On the web

Qriket

Bats, camels or goats? Animals under suspicion in hunt for source of new virus related to SARS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Gear up for Turkey Day with Cranberry-Stuffed Pork

Orange-Glazed Pork with Cranberry & Walnut Stuffing

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Pork tenderloin is a delicious and lean cut of meat. Due to improved farming practices, you can now safely cook pork to medium, keeping it moist.

1. Preheat oven to 375 F. Line baking sheet with foil lightly coated with cooking spray.

2. Stuffing: Combine cranberries, walnuts, cinnamon, cloves and walnut oil in bowl of food processor. Pulse on and off until mix is crumbly. Add diced brie and pulse once or twice, just to combine.

3. Open pork loin like book and stuff with fruit and nut stuffing. Secure with kitchen string. Set large skillet lightly coated with cooking spray over medium-high heat and sear until browned on all sides, about 2 mins on each side. Place on baking sheet; bake 20 mins. or until cooked to medium (until the meat reaches an internal temperature of 145 F). Let rest 10 mins. before slicing.

4. Glaze: Combine juice, jelly, vinegar, oil, orange zest and garlic in a small saucepan. Set over medium heat 1 min. and drizzle over pork. Garnish with parsley. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Pork
- 1 1/2 lb pork tenderloin, butterflied

Stuffing
- 2/3 cup dried cranberries
- 1/3 cup toasted walnuts
- 1/2 tsp cinnamon
- pinch of ground cloves
- 2 tsp walnut (or olive) oil
- 1 oz diced brie

Glaze
- 2 tbsp orange juice concentrate
- 2 tbsp red currant jelly
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- 1 tsp orange zest
- 1/2 tsp finely chopped garlic

Garnish
- 3 tbsp chopped parsley

Health Solutions

Don't gobble gobble extra calories

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Much of the disastrous 10 pounds per decade (that is suspected of being the foundation of our obesity crisis) is acquired between Thanksgiving and Christmas.

Regardless of your familial background, there are more gatherings, celebrations and opportunities to eat at this time of year. Navigating them so you can enjoy without the backside burden takes a tiny bit of practice. Here's your game plan:

1. Veggie platter
Be the one who always brings the veggie platter with hummus.

2. Healthy nibbling
Seat yourself next to said platter and nibble to your heart's content.

3. No pre-dinner snacking
Promise yourself you will not eat the chips, popcorn, peanuts, chocolates and any other manner of crap before dinner. (After dinner, if you are still hungry...ha,ha,ha... go ahead)

4. Fill your plate with veggies
When dinner is served, fill half of your plate with green vegetables, 1/4 with starchy vegetables like carrots and squash and the other 1/4 with lean protein.

5. Stay away from deep-fried foods
Avoid anything deep fried. (Note: This is the first time I have used the word "avoid".)

6. Watch the liquor
Never have more than two alcoholic beverages.

After the celebration season, you may some excercise skills, but, if you follow these steps, you shouldn't have too much trouble.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Mexican touch. Mole Pulled Pork Sandwich with almond butter

This blend of Mexican mole sauce and pulled pork tenderloin makes for a crazy delicious sandwich. The filling also would be good tossed with warm noodles.

The texture of almond butter, which is used in this recipe, is similar to peanut butter (they are jarred the same and sold alongside one another at the grocer), but differ in taste.

Whereas peanut butter has a pronounced peanut flavour, almond butter has a richer, creamier taste that is nutty, but (oddly) not distinctly almondy.

1. In a medium saucepan over medium-high, heat the oil. Add the pork and sear for 2 to 3 minutes per side. Set the pan aside off the heat.

2. In a blender combine the almond butter, tomatoes, garlic, shallots, cocoa powder, cinnamon, black pepper, red pepper flakes, cloves and water. Purée until smooth, then add to the pork.

3. Bring the pork and sauce to a simmer over medium heat. Cook uncovered, stirring occasionally, for 15 to 20 minutes.

4. Use a slotted spoon to transfer the pork to a large plate or cutting board, then use 2 forks to pull and shred it. Return the pork to the sauce and stir well. Season with salt.

5. Divide the pulled pork between the buns. Top with scallions. THE ASSOCIATED PRESS

Ingredients

- 1 tbsp olive oil
- 1 lb pork tenderloin, cut into 2-inch chunks
- 1/2 cup smooth almond butter
- 1/2 cup canned crushed tomatoes
- 3 cloves garlic
- 1 shallot
- 1/2 tbsp cocoa powder
- 1/4 tsp each cinnamon,black pepper, red pepper flakes
- 1/8 tsp ground cloves
- 1 cup water
- Salt
- 4 sesame seed burger buns
- 1 scallion, white and green parts, chopped

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

OFFICE MANAGER

Reporting to the Office & Sales Administration Manager, Western Canada, the right candidate will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Regina operation. As well as provide operational and executive support to the Sales/General Manager, Metro Regina and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:
- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Assist in maintenance and control of the office budget
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Advertising Sales Bookings using a computer
- Direct Sales Support
- Completion of numerous reports daily, weekly, and monthly, pertaining to the sales team

REQUIREMENTS OF THE POSITION:
- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than October 10, 2012. PLEASE QUOTE: "Office Manager - Regina" in the subject line. All submissions will be treated as confidential.

metro

At what point does tipping become un-frugal? ISTOCK IMAGES

Feeling tipsy? Don't break the bank!

Generous and frugal. A quick guide to the acceptable level of tipping

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

In Canada, tipping etiquette says that when a service has been provided, and it's of a certain level of quality, the buyer tips.

But how much is a reasonable tip and when does tipping become un-frugal?

Naturally, if you receive good service at a restaurant, spa or hotel, for example, a good tip is in order.

But, unless you're trying to catch a service provider's attention, perhaps to get a date or impress the one you're on, don't break the bank.

Here are a few guidelines to follow.

Food Service: Throwing a few coin's into your barista's tip jar never hurts when you're aiming for quick and reliable service.

If you receive exceptional service at a restaurant or bar, 20 to 25 per cent tip is in order. Adequate service should be rewarded between 10 to 15 per cent and if the service is poor, 10 per cent or less.

Just remember that if you're paying with a coupon or gift-certificate, you should still tip on the total before the discount has been applied.

Travel: Tipping a taxi driver or chauffeur 10 to 15 per cent is customary, but I'd recommend a minimum of $3.

If hotel staff helps you to your room with bags or fetches your car from underground parking, $2 to $10 is recommended.

Personal Services: Tips for spa or hair services range from 10 to 20 per cent.

If you receive poor service, a low tip signals to the service provider that your experience could be much improved.

But, before you stiff the server out of a tip, think about who is responsible for your bad experience? Did the manager incorrectly staff the restaurant (not the server's fault so speak to the manager) or was your server rude and inconsiderate (bad service should not be rewarded).

Apply frugality and good judgment when tipping by limiting spending, double-checking your bill for accuracy and ensuring that a gratuity hasn't already been paid.

If you're not good with tipping math, don't fret. Most service providers have automatic tip calculators right on their credit card and debit machines allowing you to select the appropriate per cent.

Tipping appropriately can actually save you money in the long run as service providers might extend preferential pricing, they may call you to tell you about sales or discounts and could even provide services 'on the house' from time-to-time.

Not tipping anything in order to save money, especially when you've received good service, isn't frugal; it's cheap and inconsiderate.

Here's a tip:

Not tipping anything in order to save money, especially when you've received good service, isn't frugal; it's cheap and inconsiderate.

Follow Lesley on Twitter
@LesleyScorgie

Postpartum depression can go on and on

Feeling blue. Many new moms experience depressive symptoms even after the initial 12 weeks postpartum

CELIA MILNE
For Metro

You've had a baby. Everyone is excited — except you.

Your home is full of colourful flowers and gifts, but all you feel is blue. What's wrong?

That's a glimpse into postpartum depression, which is a common and potentially serious illness.

A new Canadian study has found it often hangs on tenaciously for many months.

"Postpartum depression occurs in many mothers from various backgrounds, and effective treatment is available to help," says Dr. Cindy-Lee Dennis (PhD) from the department of psychiatry at Women's College Research Institute in Toronto.

Previous studies have found that about 20 per cent of new moms suffer from depression in the weeks after their babies are born.

Dennis and colleagues wanted to find out how many women continued to suffer from depression after their babies were three months old. They tracked 6,421 new moms and found eight per cent had depressive symptoms after the initial 12 weeks postpartum.

"It does not spontaneously resolve on its own for many new mothers and treatment is necessary," Dennis tells Metro. Most at risk were women who were vulnerable in some way — with low household income, a previous history of depression, a lack of postpartum support, stressful life events, family violence, or poor health.

The creators of the study are urging healthcare professionals to continue screening women for postpartum depression for longer periods after babies are born.

This way, women will have access to the help they need. Screening could be done during pediatric visits, for instance.

Canadian study

The study was published recently in the Canadian Journal of Psychiatry.

Postpartum depression does not spontaneously resolve on its own for many new mothers, Dr. Dennis tells Metro. ISTOCK IMAGES

NBA

Howard on Bryant: 'I know he's going to be tough on me'

Superstar centre Dwight Howard might be an eight-year NBA veteran, but Monday still felt like the first day of school.

Howard is just getting started on his real education from the Los Angeles Lakers and Kobe Bryant.

"I know he's going to be tough on me, but I expect that, and I want him to be that," Howard said. "I want to be that guy. I'll take all the heat he's going to give me, because I know at the end of the day, it's going to make me a better player and a better person.... I'm willing to go through that process."

THE ASSOCIATED PRESS

Dwight Howard, right, with new Lakers teammate Pau Gasol on Monday. THE ASSOCIATED PRESS

NHL

Ex-Leaf Franson trying Scandinavia

Cody Franson is on his way to the Swedish Elite League to play for Brynas. The team made it sound like the blue-liner was signed for the entire season, but his agent later clarified he can return to the NHL if the lockout ends. THE CANADIAN PRESS

NHL

"What we didn't consider was how our supporters or our fans would feel."

Oilers owner Daryl Katz, who said in a radio interview he never realized threatening to move the team to Seattle would trigger fan anger in Edmonton

Great One sees lockout solution on the horizon

NHL. Gretzky says groundwork laid by 2004 work stoppage should make it easier to come to an agreement

Quoted

"I see them ultimately getting a deal done here and I see them playing hockey this year."

Wayne Gretzky

The Great One is optimistic about the NHL's labour situation.

Wayne Gretzky said Monday that he believes the league's current lockout will end before the Winter Classic between the Detroit Red Wings and Toronto Maple Leafs.

"I believe in my heart, maybe because I'm such a big hockey fan, that they will be playing by Jan. 1," said Gretzky during a question-and-answer period at a panel discussion on personal finance on Monday in Toronto. "I think the hard part of their deal was the last negotiations (in 2004) of players agreeing to a salary cap."

Detroit and Toronto are currently scheduled to play outdoors at Michigan Stadium in Ann Arbour to kick off the new year.

Gretzky was reluctant to analyze the ongoing labour negotiations because he's not directly involved in them.

"The only thing I will say is the commissioner's office and Donald Fehr and the players' association are very smart men, they're both very intelligent," said Gretzky. "It's a matter of sitting down and getting the deal done."

The Hall of Fame centre and former part owner of the Phoenix Coyotes believes that the gap between the league and its players is smaller than in 2004, when the NHL lost an entire season.

"I think that in 2004 we were changing the whole landscape," said Gretzky. "Ownership wanted to have some sort of revenue sharing and once we came to the revenue sharing, the hard part — from my point of view — seems to be out of the way.

"Now it's a question of working out the number that both sides think is fair."

THE CANADIAN PRESS

Wayne Gretzky throws out the first pitch before the Blue Jays' game against the Minnesota Twins on Monday night in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

CBA negotiation

Core economic issues still off the table: Source

NHL labour talks are set to resume Tuesday morning, with discussions focusing on hockey-related revenue and not the core economic issues that continue to divide the two sides in a league-imposed lockout entering its third week.

A person familiar with negotiations, on Monday, provided details of what was expected to be discussed at the meeting that will be held in New York. The person spoke on the condition of anonymity because the NHL and the NHLPA have not issued an update on talks. The person added there are currently no other meetings planned beyond Tuesday.

Negotiators for the league and players will pick up where they left off after Sunday, when they completed three straight days of discussions.

THE ASSOCIATED PRESS

Marlins to give Greenberg chance at dish

Adam Greenberg, seen here with the Chicago Cubs in February 2005, is expected to get an at-bat with the Miami Marlins on Tuesday. Greenberg hasn't played in the major leagues since suffering a head injury in his debut in July 2005. JED JACOBSOHN/GETTY IMAGES FILE

Adam Greenberg is expected to make a pinch-hit appearance for the Miami Marlins on Tuesday.

Marlins manager Ozzie Guillen had previously stated he was considering starting Greenberg in the outfield and batting leadoff for his one at-bat, but has since decided he will insert him in Tuesday's game against the New York Mets at some point.

"There's a lot of stuff out there. I thought it was good idea to lead-off, but it is a little bigger deal than I thought," Guillen said Monday. "We'll try to put him in the middle of the game to see that thing work."

Quoted

"Some people will say I'm the greatest man to let this kid do it, some people will say I'm an idiot to make that happen."

Marlins manager Ozzie Guillen

Greenberg has been in the spotlight since the Marlins announced last week that they would sign the 31-year old to a one-day contract so he could receive one at-bat after getting hit in the head in his major-league debut seven years ago.

Greenberg was hit in the head by a pitch thrown by Marlins lefty Valerio De Los Santos on July 9, 2005, in his only plate appearance with the Chicago Cubs. Greenberg suffered from vertigo after the incident and strived to make it back to the big league level, but did not make it higher than double-A.

"I think it's good for the kid," Guillen said. "We decided to do it and people have to respect that about what we're going to do with the kid."

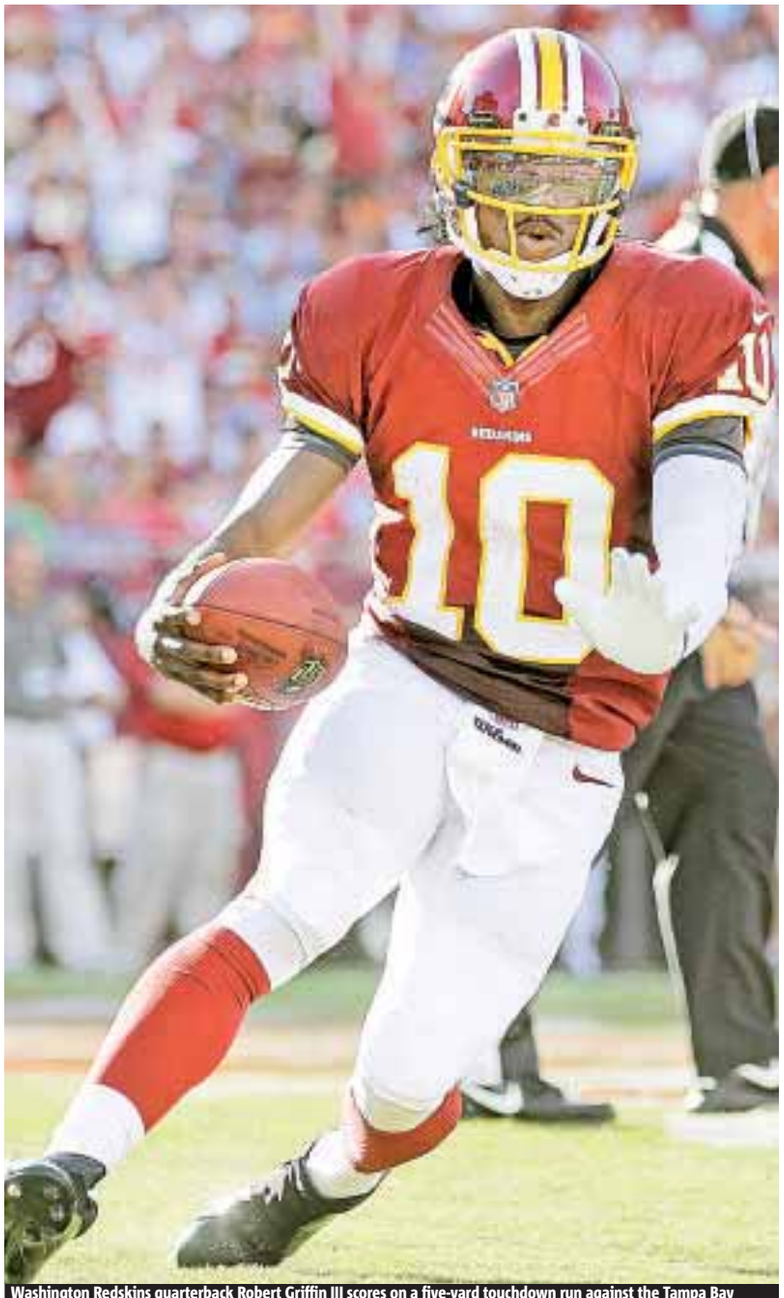
THE ASSOCIATED PRESS

4 SPORTS

Mobile sports

Cricket

The battle of the sexes has hit the swimming pool. The opening meeting of the World Cup in Dubai on Tuesday will feature 4x50 mixed-gender relays for the first time.



Washington Redskins quarterback Robert Griffin III scores on a five-yard touchdown run against the Tampa Bay Buccaneers Sunday in Tampa, Fla. Griffin is giving his teammates the belief they always have a fighting chance.

MARGARET BOWLES/THE ASSOCIATED PRESS

RG3 carrying Redskins on his young back

NFL. Griffin putting up big numbers and producing when it counts for flawed team

Just four games into his NFL career, Robert Griffin III is already carrying the Washington Redskins on his back — instead of the other way around.

The rookie from Baylor gives the Redskins hope in a way they haven't experienced in a long time. They might not win many games — or they might surprise and make a playoff push — but at least with Griffin they always feel they have a fighting chance each week, something that can't be said about some among the merry-go-round of quarterbacks the team has employed over the last two decades.

Santana Moss said Monday that he's played with a lot of them. "And the one thing that I'm sure of: That when it comes down to Robert, he just has that ..."

Moss hesitated in mid-sentence, searching for the right words.

"He's born with whatever he has," Moss continued. "It's in him. So you can be sure when something breaks down he's going to make a play in some kind of way, and I haven't played with a lot of those guys."

Griffin now has his first fourth-quarter, hurry-up-offence comeback win, driving the Redskins 56 yards to set up Billy Cundiff's field goal with three seconds to play in Sunday's 24-22 win over the Tampa Bay Buccaneers.

With the headset malfunctioning, Griffin called some of his own plays during the final drive. One of the biggest gains was made with his feet, a 15-yard scramble that put the Redskins (2-2) in field-goal range and saved them from a defeat that might have sent them spiraling toward another long, disheartening season.

Griffin is on pace to throw for 4,000 yards and run for 1,000. He's completing almost 70 per cent of his passes. He's only thrown one interception. And he knows how to light up a room: He quoted the movie The Replacements in the post-game news conference Sunday.

"I respect all those other quarterbacks," linebacker Lorenzo Alexander said. "But, just athletically, nobody can come close to him.... It is surprising — I thought he would have more mistakes at this point."

Instead, it's the rest of the team that's making the miscues. The supposedly disciplined team leads the NFL with 356 yards in penalties. The secondary got torched again Sunday and has allowed an NFL-high six completions of 40-plus yards.

"At the end of the day, we're fortunate to have that," said Moss, referring again to Griffin's late heroics. "With that said, we can't rely on that all the time."

THE ASSOCIATED PRESS

Quoted

"He made some plays that you always want a quarterback to make. A lot of times they can't make those plays this early in their career."

Redskins head coach Mike Shanahan on Robert Griffin III's play in the fourth quarter on Sunday

Cancer battle

Colts coach diagnosed with leukemia

It took Chuck Pagano less than nine months to instil his fighter's mentality and hopeful spirit in the Indianapolis Colts.

He will need both to survive the biggest battle of his life — leukemia.

The Colts announced Monday that their new coach had been hospitalized for cancer treatment and probably would not return to full coaching duties this season. He will be replaced on an interim basis by offensive co-ordinator Bruce Arians.

THE ASSOCIATED PRESS

Raptors GM focused on winning this season

If last season was about developing, Bryan Colangelo says this season is about winning.

The Toronto Raptors held their annual media day Monday in what the team's general manager called a "completely different atmosphere" from last season.

"You go into a season excited about what the prospects are," Colangelo said. "I cannot say that I went into last season excited about what the prospects were."

Jonas Valanciunas during Raptors media day Monday in Toronto.

THE CANADIAN PRESS

A young Raptors squad finished 23-43 in the lockout-shortened last season, but expectations weren't nearly as high as they are this time around.

Jonas Valanciunas may be the biggest reason for the optimism. The 20-year-old from Lithuania was Toronto's fifth pick in the 2011 draft, but the Raptors left him in Europe for another season to continue to develop.

The GM said this year's new-look roster reminds him of the team he assembled in his first full season in Toronto in 2006-07. Andrea Bargnani was a rookie on that squad that went on to win the Atlantic Division and play New Jersey in the first round of the playoffs.

"This team seems to have a lot of those same characteristics," Colangelo said.

THE CANADIAN PRESS

CFL

Road-rage arrest for former Argo

Former Toronto Argonauts star Jim Stillwagon is suspected of shooting and injuring a man in a road-rage incident that spanned about 22 kilometres, police said Monday.

Police say Stillwagon, who signed with Toronto in 1971, fired a handgun at a pickup truck driver while riding a motorcycle Sunday in Ohio. They say the vehicles then pulled into a parking area and Stillwagon struck the other driver with the gun, causing it to fire a bullet that grazed the man's head. THE CANADIAN PRESS

Golf. Europe's Ryder Cup win honoured Ballesteros

Not even the family of Seve Ballesteros could have imagined a Ryder Cup finish quite like this.

It was after midnight in Spain when a European team inspired by the "spirit of Seve" and captained by his close friend, Jose Maria Olazabal, completed its improbable comeback victory over the United States in Medinah, Ill.

"We want to thank Jose Maria for remembering Seve not just throughout the week but for always keeping his memory alive," said Ivan Ballesteros, Seve's nephew and vice-president of the Madrid-based Seve Ballesteros foundation. "I would say that not even Hollywood screenwriters could have imagined what happened yesterday."

Seve Ballesteros died in May 2011 from a brain tumour and the team played in his honour, overcoming a 10-4 deficit to win 14 1/2-13 1/2 after an epic day of singles matches.

THE ASSOCIATED PRESS

Quoted

"What happened yesterday went beyond sports." Ivan Ballesteros, nephew of Seve Ballesteros, who died in 2011. The European team played in his honour at the Ryder Cup

Horoscopes

♈ Aries
March 21 - April 20
There is no point being obsessed by perfection because you will never reach it, nor is it actually desirable to do so. You are a human being and that means you will always make mistakes. Find ways to enjoy them.

♉ Taurus
April 21 - May 21
Don't tie yourself down today. Make sure you are free to come and go as you please. Independence is precious, and if you give other people the power to meddle in your affairs, they will certainly misuse it.

♊ Gemini
May 22 - June 21
You must stick to the facts today. If you stray even a little bit from what you know to be true, it will give your rivals the opening they have been waiting for. Facts are sacred — opinions are two-a-penny.

♋ Cancer
June 22 - July 23
Start putting together a wish list because what happens towards the end of the week will make you realize that all things are possible. This is no time for doubts. Go for everything you can get.

♌ Leo
July 24 - Aug. 23
No matter what a friend or colleague tells you today and no matter how passionate they appear to be, you can bet that they have got it completely wrong. If you play their game it will cost you.

♍ Virgo
Aug. 24 - Sept. 23
The planets indicate that if you make an extra special effort over the next few days, you will enjoy success beyond your wildest dreams — and some of your dreams ARE pretty wild! Believe in yourself and be patient.

♎ Libra
Sept. 24 - Oct. 23
No goal is beyond you. You need to start really believing that because until you do, you will continue to fall short of your dreams. Think not just big but huge today.

♏ Scorpio
Oct. 24 - Nov. 22
Cosmic activity in and around the most sensitive area of your chart urges you to consider alternative explanations to everyday events. Could there be some kind of conspiracy going on? Make it your business to find out.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't let well-meaning friends and relatives talk you out of doing what you know has got to be done. Make whatever sacrifices are necessary and keep in mind that the efforts you make are an investment, not an expense.

♑ Capricorn
Dec. 22 - Jan. 20
Do you have the common sense to identify what your current problem is? Yes you do. Do you have the courage to put it right? That remains to be seen. You're halfway there. All you have to do is keep going.

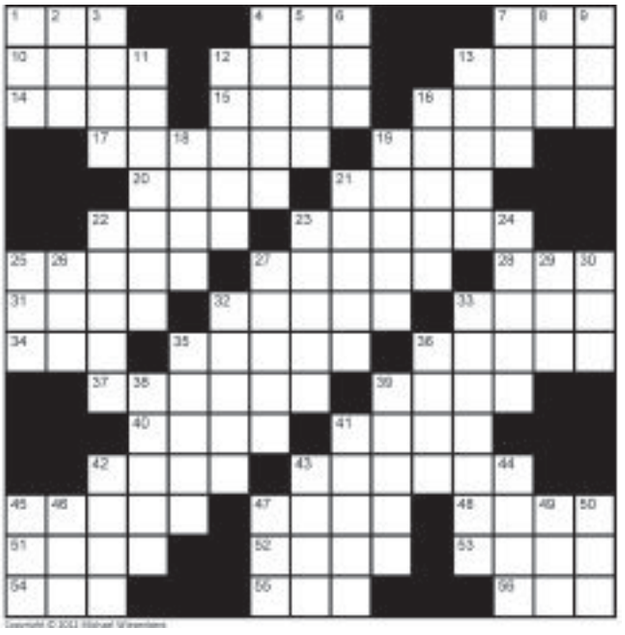
♒ Aquarius
Jan. 21 - Feb. 19
Focus on what is important and ignore everything else. If you allow your mind to wander today, it may be a long time before you can get it back on track. You know what the main issue is, so stick with it.

♓ Pisces
Feb. 20 - March 20
You are on the cusp of a heart-warming phase but there is something you still need to do before you can "let yourself go". You need to resolve a conflict of some kind. Be the one who makes the peace.

SALLY BROMPTON

Three PMs

BY MICHAEL WIESENBERG



Across
1. Request
4. Dampen
7. Taxi
10. William Lyon Mackenzie ___: 10th Prime Minister
12. "___ be of service?" (2 wds.)
13. For ___ sign
14. Additive to shampoo and shaving cream
15. Corrida cries
16. ___ Leaf
17. Cakes often made with ground nuts
19. Bathroom flooring material
20. Stadium shouts
21. Pop
22. Henhouse yield
23. World's second largest country
25. BMW subcompact models that once had the Cooper name
27. Birds of peace
28. Sesame Street viewer, typically
31. Opera set on the Nile
32. Capricious escapade
33. Sky color
34. ___ de Janeiro
35. Peeled
36. Come to understand
37. Calgary NHL team
39. Pots and ___
40. Angered
41. "Frankly, my dear, I don't give a ___"
42. Highway or bridge fee
43. Leader of 23-Across
45. Saltwater
47. Need
48. Greek garb
51. Points a gun
52. Teeny
53. Frog's land-based cousin
54. Belly muscles, for short
55. Golf stand
56. Canadian pols

Down
1. Alias
2. _'__ vous plait
3. Slip, top, or granny
4. Land on the Irish Sea
5. Potato buds
6. "___ the season to be jolly"
7. Nova Scotia's ___ Breton Island
8. Everything
9. Spelling competition
11. The Gulf Islands are in BC's Strait of ___
12. Butterfly relatives
13. Caesar or Waldorf
16. Gold-loving king
18. From ___ to riches
19. Laser printer need
21. "___ by the bell!"
22. At the ___ one's rope: desperate (2 wds.)
23. Deals (with), as a problem
24. Map book
25. Cause surface damage to
26. 3 on a sundial
27. Had the courage to try
29. Beginning of the Lord's Prayer
30. Start of a countdown
32. Animal with a hump
33. R.B. ___: 11th Prime Minister (1930-35)
35. "Ici on ___ français"
36. Bedside light
38. BC CFL Team
39. Liberal or Conservative ___
41. *Inferno* author
42. Canada's quintessential coffee and donut place, familiarly
43. Loathe
44. Apartment division
45. Sheep cry
46. Cut of meat that's often barbecued
47. One skilled at repartee
49. Credibility ___: knowledge disconnect
50. Personals

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

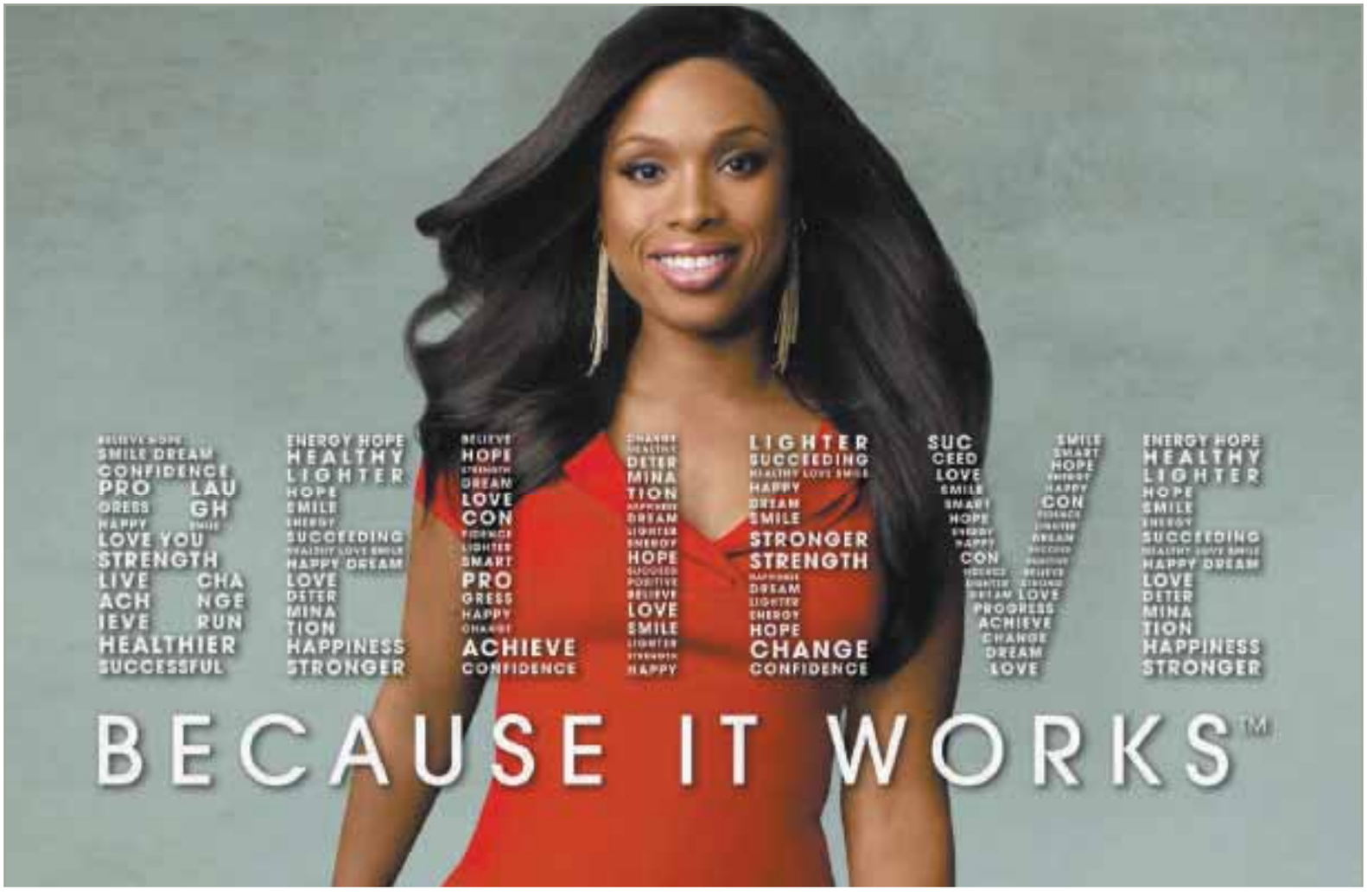
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1			9	5	8			7
					2	8		
	6	2	3			1		
4	2		5		1	7		6
5								8
3		1	4		6		2	5
		8			5	3	9	
		3	6					
2			8	3	9			1

Yesterday's Sudoku

Sharability

easy — hard



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